

# **Proctor Thoughts to Students for Success in Competitive Events**

HOSA Advisor In-Service

October 30, 2008

## **Administrative Medical Assisting**

- Study the judges' sheets
- Get the recommended books

## **Biomedical Debate**

- Prepare!
- Need to develop strong representation for each affirmative and negative side of the issue
- Create strategies to "sell" your sides of the issue
- Assign roles to each team member so you are an organized group
- Role play a "lawyer-like" image

## **Career Health Display**

- Know your material
- Know the career
- Share responsibilities in responding to questions
- Share responsibilities in giving the oral speech
- Job shadow if possible
- Investigate the career you are presenting
- Look at the evaluation rubric as a guideline for your performance
- Create an original/unique idea for your display
- Create an informative, upbeat, well rehearsed presentation for the judges
- Follow the rules!

## **Community Awareness**

- Make eye contact while presenting
- Look enthusiastic
- Sound prepared about the material
- Have large enough font so the audience can read it
- Speak clearly, loudly, and at a nice listening speed
- Overall neatness of dress builds a first impression with the judges

## **CPR/First Aid**

- Take the highest level training you have available in CPR and First Aid
- Rehearse the steps in the judges scoring sheets until it is automatic

## **Creative Problem Solving**

- Know your material
- Work as a team
- Take your time
- Be positive

- Know the problem solving information from the resources
- Look at the evaluation rubric as a guideline for your performance
- Organize roles within the group
- Make sure each team member contributes equally
- Have a strategy for using your planning/preparation time you are given
- Exhibit confidence and enthusiasm for your ideas
- Think of this as “you are proposing your ideas to a big company and you want them to choose you to represent them”

#### Job Seeking Skills

- Resume and cover letter need to be well written and look flawless
- Your stature/appearance and speaking skills need to be exemplary in your interview
- Study the judges sheet
- Get the recommended books

#### Nursing Assisting

- Train as a CNA
- Practice following the guidelines (which are not the same as the CNA state test for certification)
- Have all required materials with you
- Assume that one of the skills will be handwashing

#### Extemporaneous Health Poster

- Read over the event guidelines
- Practice with a hypothetical topic at school or home before you come to state

#### Extemporaneous Speaking

- Develop your main ideas for the speech topic in the first two minutes
- Use one note card for each key point/idea you have
- Use the next couple minutes to provide support for each main idea
- In the next two minutes, develop your introduction and conclusion for the speech
- In the last three minutes, review your extemporaneous speech, making any changes or additions as needed
- Practice if time permits
- Use your time

#### Interviewing Skills

- Read over the guidelines and make sure you follow them exactly

#### Medical Photography

- Read over the guidelines and make sure you follow them exactly

#### Medical Reading

- Actually read all the books (this applies to all team members)

- As you read, develop a set of questions
- Quiz fellow team members with the questions each of you have written

#### Prepared Speaking

- Know your speech
- Be sure to stay within the time limit
- Make it personal
- Make it interesting
- Get coaching help
- Practice

#### Sports Medicine

- Spend time with a professional in the field
- Practice Round 2 skills

## **Implementation of Competitive Events in the Classroom**

HOSA Advisor In-Service

October 30, 2008

I have my students create a Health Career Display board similar to the competitive events; however I'm trying to incorporate more of the rules and rubric for next semester. I will also be attempting to have a HOSA Bowl competition at the end of this semester.

I have a co-op that includes Health Science students. The co-op students are given time during class to prepare for their event. Those members who are not in co-op need to set up appointments with me to complete their events.

I don't because most of my HOSA kids are not in my class at this time.

I try to use HOSA resources within my Sports Med, Nursing, Med Term curriculums and then have students use their competitive event as a senior project.

I use class time to introduce HOSA to the freshmen and sophomores so they can work more independently as juniors and seniors. I model a few events within my curriculum and give students opportunities to log on to the HOSA website to learn about HOSA.

There are five hours of health occupations classes each day in our academy. I have HOSA officer elections in each class. Each class has a president and vice president. This allows for leadership of HOSA within each class.

I have a HOSA meeting each Wednesday morning at 9:45. Each officer takes information back to their class.

I have five required evening meetings in our auditorium. The HOSA officers lead these meetings. I welcome parents and believe it has given visibility to our program.

In addition I invite HOSA students to my classroom during the lunch hour. We call this the HOSA lunch bunch. During this time students work on preparing for individual and team events.

Looking for ideas to implement in Medical Terminology course. In Sports Medicine, the licensed athletic trainer and I use the rubrics for the practical skills.

I don't. It's extra-curricular only.

Some are natural fits, like the CNA for CNA class. Many events are offered as extra credit options if they don't fit into our classroom time allowed (like preparing a health career poster), while others are done right in class (like medical spelling and job skills).

I have used the information for Career Health Display in my Health Sciences course. \*I also make competition a requirement for my HOSA Internship students.

Present to class for “critique” and practice

I teach curriculum content. Sometimes that matches competitive events as in the case with medical spelling and medical terminology.

When teaching Health Science units that pertain to the content of the competitions, I teach the skills in the curriculum and have them perform the skills or utilize the knowledge in the same manner judged at the state level.

We do an event as a class assignment then use the judges’ sheets as a rubric.

I have begun to implement by having the students practice their public speaking skills. They each had to run for one office at the local chapter level, deliver a speech to their classmates, and write a short biography that was used to create a ballot for the election of officers.

Another activity was having them each be on a team of two and having them select one bioethical subject in our Diversified Health Occupations textbook. They researched the issue and then had to present the pros and cons to the class. Resource folders were begun on each subject so future depth can be built in. I also intend to have a speaker from the local hospital’s Ethics Committee speak to the class on the way they provide services to families and staff as these issues play out in the classroom.

We also did a unit on AIDS that was based on the national HOSA template. Teams researched various aspects of the issues (social, homophobia, criminalization), housing discrimination, and long term issues that an HIV/AIDS individual might encounter. A speaker from the SE WI AIDS Center spoke as did a local man recruiting walkers for the huge AIDS walk. After the teams presented their materials, I gave them an extemporaneous essay question the following day. I am currently recruiting several more people to help judge those essays using the HOSA rubric.

## **Suggestions for National Events at State 2010**

HOSA Advisor In-Service

October 30, 2008

Physical Therapy

Public Health Emergency Preparedness

Epidemiology

Forensic Medicine

Forensic Medicine

Researched Persuasive Speaking

Public Service Announcement

Physical Therapy

Other thoughts....

None

I'm still trying to get all of the ones we have under my belt, but yes in the future I think we can expand as our programs grow.

?

Not sure

Unsure, do we have staff to run them?

I don't feel that I know enough to make this recommendation at this time.

NA

Not sure what differences are between the two.

## **Implementation of Community Service Projects in Classroom**

HOSA Advisor In-Service

October 30, 2008

I ask individual classes to participate in a garbage pick up in the neighborhood during a class period.

I recruit volunteers to raise money and participate in the American Cancer Society's Breast Cancer Walk.

I encourage my classes to participate in all school fundraisers, food and clothing drives, and health and hygiene drives.

I currently encourage students to have a volunteer position in hospitals since that often leads to opening the door for future opportunities.

I have students take blood pressure during conferences.

In my co-op class, we choose a unique community service project each year and work on it during class time.

My students have the opportunity to come with the HOSA group to visit the nursing homes and hospitals.

I require students to log a certain number of community service hours but I also schedule events such as bell ringing, blood drives, hospice care, and numerous volunteer opportunities at charitable running events.

We do a great deal of service learning in our HOSA chapter. I try to have my students choose the service event for our HOSA chapter each year. This year we have chosen the Friends for Health in Haiti Service Project. I have found each of my classes like to plan one class service project (just for their class). This builds relationships within the class. We often take an outing on a Saturday to perform the service project.

I don't in the classroom, but do within the HOSA chapter. Currently we are selling puzzle pieces for Autism Speaks during HOSA Week.

We implement them through HOSA club outside of class, but promote the opportunity to classes to participate (they are usually weekend commitments).

I have my HOSA/FCCLA Internship students work on these as a class. We have raised money for local community projects, Autism Speaks, local food pantry and others. We usually try to participate in the student organization's state/national project. This year the students would like to do the puzzle piece activity for Autism Speaks. We will also be doing something for Make A Wish through FCCLA.

During National HOSA Week we are having a mitten/hat tree to have students/staff donate for children in our elementary schools that may be going without. We put on an annual Breakfast with Santa for some of the needy families in our county. I get the names from the birth to 3 program in the county.

Plan them at class meetings.

Special Olympics bowling held in Sun Prairie on two Saturdays. Vision and hearing screening for elementary schools – assist the district nurse. Sometimes we make blankets for Project Linus or do washcloth bags for the homeless shelter right during our classes. This requires money for supplies so has become less frequent since the service mini-grants disappeared.

The Health Science classes synthesize a community service project from beginning to end on a topic or issue relevant to the curriculum. There are community service project days incorporated into the class to carry out and discuss important issues related to the project.

Community service projects we have done include collecting food for the food bank, organizing a tissue donor art/poster contest and a speaker assembly, baking cookies frosted with white frosting and a tiny orange dot as a symbol of being a donor, and raising funds to buy some solar cookers for a refugee camp in Africa.



## **Other Community Service Projects**

HOSA Advisor In-Service

October 30, 2008

HOSA students help organize and run our four annual blood drives and participate in projects,

We volunteer each month serving meals to people who need it through a group called the Gathering. We also have a sub group (TATU-Teens Against Tobacco Use) which is part of the Southshore Tobacco Free Coalition group. We participate in Fresh Air Fest annually. A lot of volunteering through the school as well.

Teen Pregnancy Awareness, Character Development, Suicide Prevention, Drinking & Driving, etc.

Community Awareness – we are working on a flu clinic

We have formed partnerships with several community partners. These agencies and businesses call us with service requests. For example, we have a partnership with a non-profit agency called Interfaith Senior Programs. They have identified community needs and made suggestions for service projects such as:

Each year I host a holiday card making workshop at my school. These holiday cards go in 500 gift baskets that are distributed throughout the community.

We collect items for these gift baskets. Interfaith decides what we will collect each year.

We help deliver the gift baskets to the elderly and disabled in our community.

We rake leaves each year in the community for the elderly and disabled.

This year we will volunteer at the Special Olympics.

We serve meals at many community non-profit organization banquets and community pancake breakfasts.

Teaching young children in child care centers. After school programs about health topics – handwashing and dental care. I am an FCCLA advisor too, so sometimes those community service projects overlap with HOSA and we work together.

Blood pressure awareness with CNA students and a nurse in the mall at a booth helping at local nursing homes assisting with moving nursing home residents to their new location.

Students have volunteered for playground building at one of the elementary schools. We had a presentation on Meningitis to create awareness of the vaccine that is

available for students. Hat days to raise money for staff/students who may be going through a difficult time with medical expenses.

Stuffed animal drives for The Women's Center and Waukesha Memorial Hospital

Chemo caps, mentoring middle schoolers for health science, mentoring elementary students in nutrition, mentoring kindergartners for basic health care, mentoring middle schoolers for exercise

Tobacco Prevention and Awareness, Cancer, Health and Wellness, Diabetes, Alzheimers, Kids Day, March of Dimes

We are building a work plan. Teams will be discussing their ideas and reaching consensus on one to bring to the group for adoption. I hope to have three work plans, along with some social activities and the spring competition.

## HOSA Advisor Idea Contributors

HOSA Advisor In-Service  
October 30, 2008

*A very special thanks to the following HOSA advisors who gave their time and ideas in developing HOSA chapters in Wisconsin.*

Jennifer Arndt  
Marshfield High School  
[arndtj@marshfield.k12.wi.us](mailto:arndtj@marshfield.k12.wi.us)

Carol Van Camp  
Appleton East High School  
[vancampcarol@asds.k12.wi.us](mailto:vancampcarol@asds.k12.wi.us)

Sue Blahnik  
Sun Prairie High School  
[skblahn@spasds.k12.wi.us](mailto:skblahn@spasds.k12.wi.us)

Kathleen Westrich  
James Madison Academic Campus  
[kmwestrich@yahoo.com](mailto:kmwestrich@yahoo.com)

Linda Farina  
Waukesha Academy of Health Professions  
[lfarina@waukesha.k12.wi.us](mailto:lfarina@waukesha.k12.wi.us)

Sue Halama  
Menomonie High School  
[sue\\_halama@msds.k12.wi.us](mailto:sue_halama@msds.k12.wi.us)

Julie Williams  
Oak Creek High School  
[jwilliams@oakcreek.k12.wi.us](mailto:jwilliams@oakcreek.k12.wi.us)

Dan Harris  
Monona Grove High School  
[daniel\\_harris@mononagrove.org](mailto:daniel_harris@mononagrove.org)

Dottie Winger  
Madison East High School  
[dwinger@madison.k12.wi.us](mailto:dwinger@madison.k12.wi.us)

Diane Lange  
William Horlick High School  
[diane.lange@racine.k12.wi.us](mailto:diane.lange@racine.k12.wi.us)

Lee Means  
Mukwanago High School  
[lcmeans@wi.rr.com](mailto:lcmeans@wi.rr.com)

Christina Patrin  
Adams Friendship High School  
[patrin\\_c@af.k12.wi.us](mailto:patrin_c@af.k12.wi.us)

Sylvia Sanchez  
Washington Park High School  
[srsoup@hotmail.com](mailto:srsoup@hotmail.com)

Gail Sommerfeld  
Platteville High School  
[sommerfeld@platteville.k12.wi.us](mailto:sommerfeld@platteville.k12.wi.us)